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WHY YOU SHOULD CONSIDER MEDITATING SEASIDE

Malorie Mackey

Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

There is almost no better feeling than the sense of power and peace I get when I meditate by the sea. Throughout countless faiths, myths, and histories, the sea has been a source of power and heightened energy. It is believed to amplify our vibrations and help increase the power of our intuition. Aside from the legends of what the sea has to offer us, it's also something we associate with relaxation in our society. With the beach being a top destination for vacations, many people directly associate the sea with relaxation. So what better place is there to meditate than next to the ocean?

For me, personally, I love nothing more in my mediation practice than to sit in the sand next to the sea as the sun sets and get in tune with my thoughts and emotions. If you love the fresh ocean air as much as I do, I encourage you to try meditating by the sea, especially if you're looking to manifest something or heal yourself.

In the beginning of each manifestation or healing meditation, it's important to build your energy before focusing on your goal. Seaside meditation makes it easy to feed off of, take in, and build your energy while working with the ocean air and the crashing sounds of the waves around you. As I begin my seaside meditations, I feel the energy buzzing in the ocean air as I inhale, and I feel it building within me with each exhale. I can feel the powerful energy tossing around me as the waves crash and pull, and that helps me to accumulate the energy I need to manifest or to heal myself, depending on the intention at the moment.

But what if you just want to relax? I find the sounds of the beach equally useful in allowing me to breathe into each area of my body and release any and all tension I seem to be holding. The added ocean breeze and ocean sounds help me to keep my sense of mindfulness while releasing that which no longer serves me.

So, if you're looking for a new type of mediation to try, something completely simple yet effective, consider sitting on a beach towel by the ocean as the sun sets, when the

beach is a bit less crowded, and allowing yourself to let go of anything that no longer serves you. Then build up energy and use it to replenish yourself, heal, manifest, or whatever your goal may be in this empowered moment. Finish by enjoying the beauty of the world around you.

I'd love to hear how a beach meditation differs from your regular practice. Getting to meditate in various locations can really shift your perspectives on life and your practice, and seaside is a great place for a good "shift." I regularly compare new environments in my cycle of meditation, and the beach has been especially inviting in this summer's scorching weather. Try taking your practice to the sun and sand and see how it works for you!